# Accompanying Art for Health Benefit Awareness: Week 1

# Three Column Layouts (Tabloid)

## **How to Update DEERS**

- Update your address online at www.tricare.osd.mil/DEERS
- Update changes to family or career status at your local ID Card facility

## When to Update DEERS

- Birth or adoption of a child
- Marriage or divorce
- Change of address
- Death of a family member
- Change in rank
- Retirement
- Activation (Guard/Reserve)
- Annually

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